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Lake Merwood

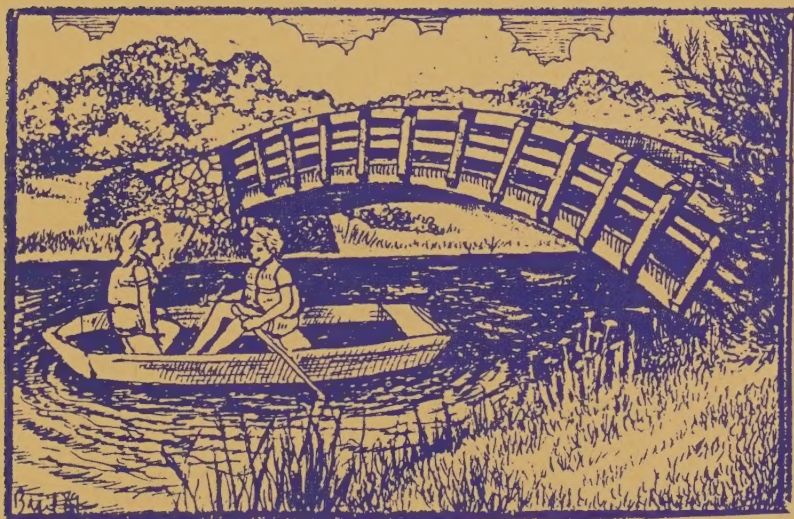


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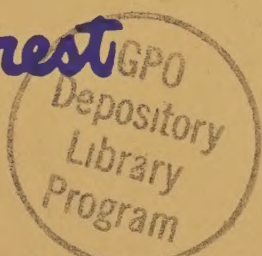
CATALOGING PREP.

HIKING TRAILS



Monongahela National Forest

10 DEC 1991



WHITE SULPHUR RANGER DISTRICT
White Sulphur Springs, West Virginia

UPPER MEADOW TRAIL

1.2 Miles
Trail #672

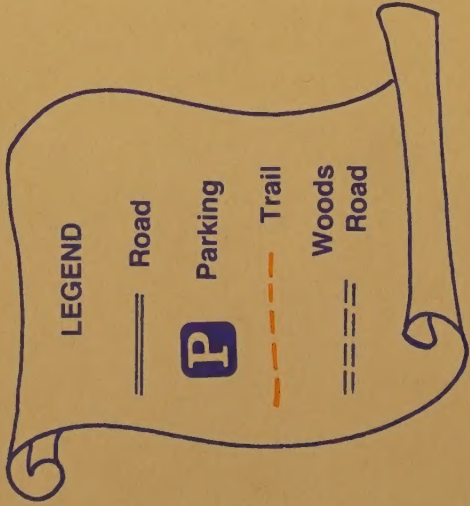
Starting at the Lake Sherwood Trailhead, tall pine, rhododendron, and hardwoods line the lower end of this trail. Splendid views of Meadow Creek Valley can be seen from the hardwood mountain side further up the trail. The trail then joins the Allegheny Trail (#701) on top of Meadow Creek Mountain.

GETTING STARTED

Welcome to the Lake Sherwood Recreation Area. We are glad that you decided to visit us and hope you will have an enjoyable hike in this beautiful mountain valley.

A short distance from the trailhead at Lake Sherwood you can choose either of two directions to start your adventure. Hiking south will take you to the Lake Sherwood Trail which loops around the lake and connects to the Virginia Trail (#685), and the Meadow Creek Trail (#684).

Hiking west you will be on the Upper Meadow Trail (#672) which leads to the top of Meadow Creek Mountain.



MEADOW MOUNTAIN TRAIL

3.5 Miles
Trail #610

Providing panoramic views of Meadow Creek Valley and Lake Sherwood, this trail follows a woods road along the top of Meadow Creek Mountain. The northerly end connects with the Connector Trail (#604) and the southerly end connects with the Allegheny Trail (#701).

ALLEGHENY TRAIL

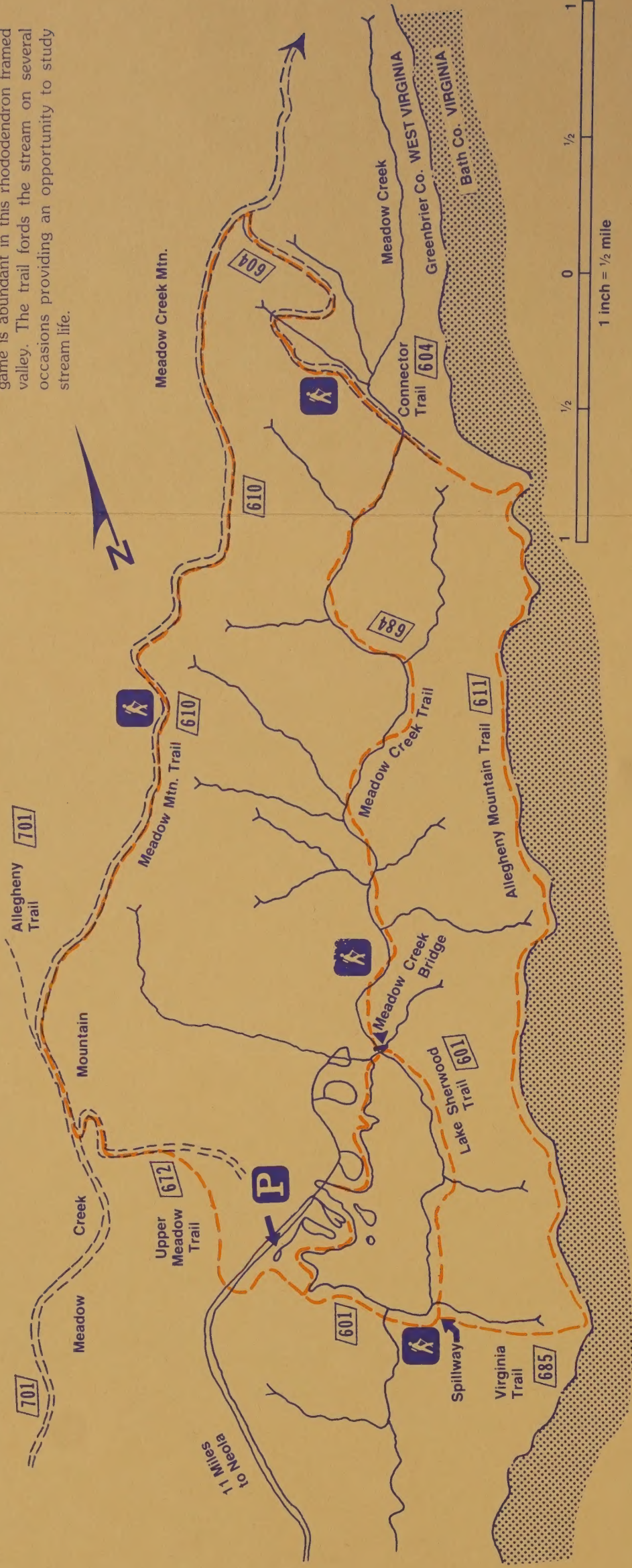
.5 Miles
Trail #701

This is a ½-mile part of a 300-mile trail stretching from Pennsylvania to Virginia. Yellow blazes mark its route. This portion follows the top of Meadow Creek Mountain as it connects the Upper Meadow Trail (#672) to the Meadow Mountain Trail (#610).

MEADOW CREEK TRAIL

2.7 Miles
Trail #684

This trail starts at the Meadow Creek Bridge and travels north to the Connector Trail (#604). Wild game is abundant in this rhododendron framed valley. The trail fords the stream on several occasions providing an opportunity to study stream life.



VIRGINIA TRAIL

.6 Miles
Trail #685

This trail joins the Lake Sherwood Trail a short distance from the spillway and follows a trail used by early settlers. The old timers traveled this route across the Allegheny Mountain to a store in Virginia. It now links Lake Sherwood Trail (#601) to the Allegheny Mountain Trail (#611).

LAKE SHERWOOD TRAIL

3.7 Miles
Trail #601

Lake Sherwood (Loop) Trail encircles the lake. It is an easy walk and the principal means of access to the Virginia and Meadow Creek Trails (#685 & #684). Wild ducks and beaver activity can usually be spotted, making this a great trail for the entire family.

ALLEGHENY MOUNTAIN TRAIL

3.6 Miles
Trail #611

Traveling along the top of the Allegheny Mountain, this trail affords great views of Lake Moomaw to the east, and Lake Sherwood, to the west. Originally constructed by the Civilian Conservation Corps as a fire trail, the trail connects the Virginia Trail (#685) with the Connector Trail (#604).

CONNECTOR TRAIL

1.9 Miles
Trail #604

Interconnecting the Meadow Creek Trail (#684), the Meadow Mountain Trail (#610), and the Allegheny Mountain Trail (#611), a portion of this trail follows an old woods road. This area forms the headwaters of Meadow Creek, a broad basin with mature hardwoods and level to gently sloping terrain.

GENERAL INFORMATION

Nestled under the shadows of the Allegheny Mountains in the highlands of West Virginia, Lake Sherwood is a complete family recreation area offering a wide variety of activities. Lake Sherwood, the largest lake in the Monongahela National Forest, is a 165-acre impoundment at an elevation of 2,700 feet above sea level. It was named after the previous owners, the Sherwood Land Mineral and Timber Company. The lake and recreation area were built in 1958, through the cooperative effort of the Forest Service, U.S. Department of Agriculture and the West Virginia Department of Natural Resources.

OTHER POINTS OF INTEREST

BLUE BEND AREA

One of the most unique recreation areas in the eastern United States, it features a deep, blue pool (namesake) for swimming and fishing in beautiful Anthony's Creek and a network of outstanding hiking trails. The campgrounds and picnic areas are surrounded by giant trees and wildlife. To get to Blue Bend Recreation Area from Lake Sherwood, go south on WV Rt. 92 to the Blue Bend Road (Rt. 16) and continue four miles to Blue Bend Recreation Area.

GREENBRIER RIVER TRAIL

A 75-mile long abandoned railroad bed following the Greenbrier River, this trail extends from Caldwell to Cass, West Virginia. The trail offers hiking, horseback riding, mountain biking, cross-country skiing and camping. Closed to motor vehicles.

WATOGA STATE PARK

This 10,000-acre park offers a restaurant, furnished cabins for rent, fishing (lake and river), horseback riding, swimming, hiking, tennis and much more. Go north on WV Rt. 92 to WV Rt. 39, west to the community of Huntersville and Watoga State Park sign.

MIDDLE MOUNTAIN TRAIL

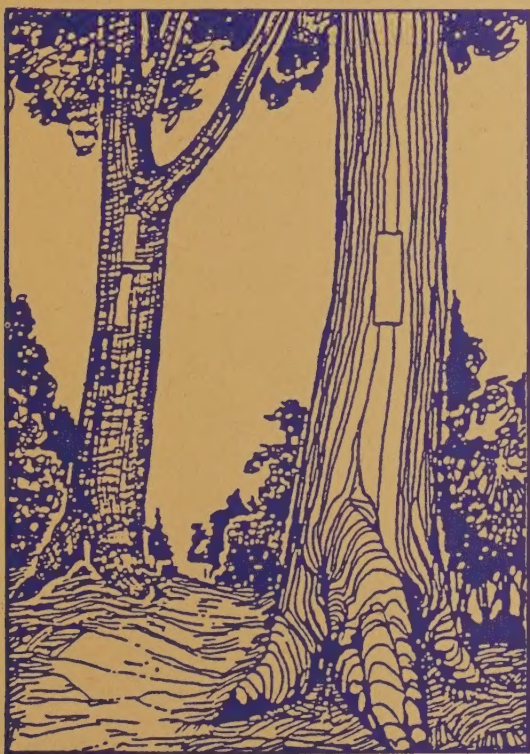
This ridge top trail is approximately 20 miles long. Beginning at a trailhead at Neola, West Virginia (½ mile from WV Rt. 92 on the North Fork Road), this trail parallels WV Rt. 92 north to a trailhead at Rimel, on WV Rt. 39.



SAFETY TIPS FOR HIKERS

1. Know the weather forecast and wear the proper clothing and footwear.
2. Plan a trip that will be fun for even the slowest member of your hiking party.
3. Do not drink the water in the forest streams. It needs to be boiled for 5 minutes to be safe.
4. Watch your children. Cliffs, snakes, poison plants, streams, and other forest resources require care when being enjoyed.

"FOLLOW THE BLAZES"



Trails have blazes painted on trees similar to these. Double blazes denote a change in trail direction.

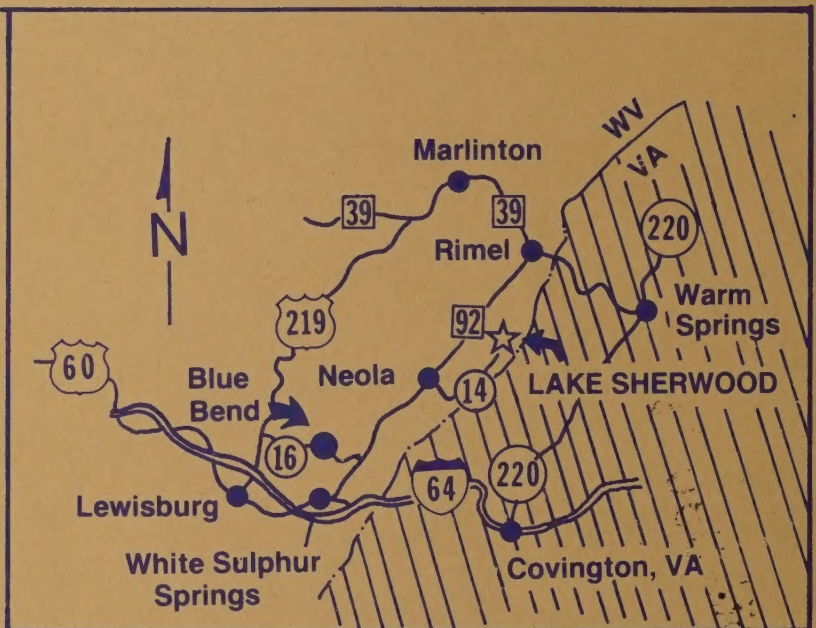


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HOW TO GET THERE

Lake Sherwood can be reached by turning east off WV Rt. 92 at Neola onto State Road 14 (Lake Sherwood Road). Travel for 11 miles to the recreation area.

VICINITY MAP



WHITE SULPHUR RANGER DISTRICT
P.O. BOX 520
WHITE SULPHUR SPRINGS, WV 24986
CALL: (304) 536-2144

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